

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2023

Gretna Senior and Wellness Center

						10 – 11a.m. Line Dancing 1	2			
3	10 -11 a.m. Senior Dance 11:15a.m. – 12:15 p.m. Bean Bag Baseball	4	9:15 – 10:15 a.m. Senior Circuit 10:30 – 11 :30 a.m. Bean Bag Baseball 10:30 – 12:00 p.m. “Hear Now” Hearing Tests	5	10 – 11a.m. Senior Aerobics & Mobility 11:30 a.m.-12:30 p.m. Zumba Gold	6	9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility 11:30-12:30 p.m. Gingerbread House Ornament Paper Craft <small>Hanukkah Begins</small>	7	10 – 11a.m. Line Dancing 8	9
10	10 -11 a.m. Senior Dance 11:15a.m. – 12:15 p.m. Bean Bag Baseball	11	9:15 – 10:15 a.m. Senior Circuit 10:30 – 11 :30 a.m. Bean Bag Baseball 10:30 – 11:30 a.m. Southeast Legal Services (ProBono)	12	10 – 11a.m. Senior Aerobics & Mobility 11:30 a.m.-12:30 p.m. Zumba Gold	13	9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility 11:30-12:30 p.m. 3-D Ornament Paper Craft	14	10 – 11a.m. Line Dancing 15	16
17	10 -11 a.m. Senior Dance 11:15a.m. – 12:15 p.m. Bean Bag Baseball	18	9:15 – 10:15 a.m. Senior Circuit 10:30 – 11 :30 a.m. Holiday Social and Holiday Gift Wrapping	19	10 – 11a.m. Senior Aerobics & Mobility 11:30 a.m.-12:30 p.m. Zumba Gold	20	9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility <small>Winter Begins</small>	21	Center Closed 22	23
24	Center Closed Merry Christmas!!! <small>Christmas</small>	25	9:15 – 10:15 a.m. Senior Circuit 10:30 – 11 :30 a.m. Bean Bag Baseball <small>Boxing Day (Canada) Kwanzaa Begins</small>	26	10 – 11a.m. Senior Aerobics & Mobility 11:30 a.m.-12:30 p.m. Zumba Gold	27	9:15 – 10:15 a.m. Senior Fit & Fun 10:15 – 11:15 a.m. Senior Stretch and Flexibility	28	10 – 11a.m. Line Dancing 29	30
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New Year's Eve